

## CLAIMS

I claim:

- 5 1. A starting block for a runner in a track event, the starting block comprising: (a) a rail; and (b) a pair of foot pedal assemblies, one assembly connected to the left side of the rail and one assembly connected to the right side of the rail, each foot pedal assembly comprising a pad having a width of about five to twelve inches upon which a runner's foot is placed, each pad comprising markings along its width to enable a runner to place his feet at precisely the desired width.
2. The starting block of claim 1 wherein the markings indicate the distance from the center point of the rail or the distance between the feet.
3. The starting block of claim 2 wherein the markings are in standard units of measurements.
4. The starting block of claim 3 wherein the markings are molded into the surface of the pad.
5. The starting block of claim 4 wherein the markings indicate the distance between the feet in metric units.